

# Kittery Community Center at Frisbee Common



**Performing Arts**



**Childcare**



**Fitness & Sports**

**January - August 2013**

**207-439-3800**

[www.kitterycommunitycenter.org](http://www.kitterycommunitycenter.org)

Coming in January

# 2 Creating Community Together!



120 Rogers Road  
Kittery, ME 03904  
207-439-3800  
207-439-1780 (fax)

## Kittery Community Center Staff

### Administrative Staff

Janice Grady, Director/General Manager  
Jeremy Paul, Assistant Director/Asst. GM  
Todd Henley, Recreation Supervisor  
Kyle Cook, Sports Coordinator  
Cindy Denault, Secretary/Bookkeeper  
Kelly Goss, KCC Lead Cafe Attendant

jgrady@kitteryrecreation.com  
jpaul@kitteryrecreation.com  
thenley@kitteryrecreation.com  
kcook@kitteryrecreation.com  
cmdenault@kitteryrecreation.com  
kgoss@kitteryrecreation.com

### Reception Staff

Maureen Finley, Sarah Lane, Janine L'Italien

reception@kitteryrecreation.com

### Custodial Staff

Scott Lincoln, Head Custodian  
Steve Furbish, Tammy Lahey, Rick Morgan, Paul Withee

sllincoln@kitteryrecreation.com

### Eyes of the World Discovery Center Staff

Dawn Sciascia, Early Childhood Supervisor  
Ashleigh Murdock, Preschool Clerk  
Heather Boyd, Lead Preschool Teacher  
Stephanie Farr, Lead Preschool Teacher

dsciascia@kitteryrecreation.com

### Safe Alternatives For Enrichment (S.A.F.E.)

Lisa Ash, Lead S.A.F.E. Counselor

lash@kitteryrecreation.com

## Kittery Community Center Board of Directors

Jeff Thomson, Chair  
Maureen Convery  
Jean Lincoln  
Tess Schneier

Matt Brock, Vice Chair  
Michael Downs  
Robert Markel  
Kent Stephens

D. Allan Kerr  
Christie Salema  
Steve Workman

## Registration

To register for an activity or event, please visit the reception desk at the Community Center. You may also register online at [www.activenet13.active.com/kitteryrec](http://www.activenet13.active.com/kitteryrec) and use your credit/debit card at this site. However, there is a service fee charged by the host company. Once a year, participants must complete a Medical/Emergency form and sign a medical release/waiver. These forms will be kept on file and participants must notify us with any revisions/changes as they happen.

Each program session is considered a new class. All individuals must register for all sessions they wish to participate in. Please remember that you are not automatically registered into additional sessions until your registration is complete, including payments.

## Policies

### Refund Policy

- If Kittery Recreation cancels a program, the participant will receive a \$100% refund.
- Withdrawals that are three working days prior to the start of the program will receive a full refund after a \$20 processing fee is charged. If you opt for an in-house credit to your account, the \$20 processing fee will be waived.
- For less than three working days prior to the start of the program, a \$50 credit will be applied to your in-house account.
- On trips, there is a no refund policy unless we can find a replacement. If a replacement is found, you will receive a full refund minus the \$20 processing fee.

### Photo Policy

By registering for a class or activity, you give us permission to take and publish photos of your participation, along with photo identification. Pictures may be used in the brochure, papers, or displayed at the Community Center.

## York Hospital Scholarships

York Hospital and Kittery Recreation have established a scholarship program for participants who do not have the financial means to pay recreation program fees. This financial assistance for scholarships is provided by York Hospital. Kittery Recreation welcomes all Kittery residents to participate in our programs, leagues and activities. Due to the generous donation from York Hospital, Kittery Recreation may be able to provide reduced fees to those who qualify. Applications should be completed prior to the start of the program; however scholarship fund availability and program registrations cannot be guaranteed. Upon review by the Recreation Director, qualified participants may receive assistance with program fees. All requests will remain confidential. Application forms are available at the Recreation office.





## Room Rentals

If you are looking for a place to reserve for a wedding reception, birthday party, shower, memorial service, family gathering, etc. you need not look any further. Kittery Community Center has the space you need at reasonable rental prices. Kittery Community Center is also a great place to hold meetings (large or small), conferences, host a speaker and many other business functions.

To check on availability call (207) 439-3800 or email [jpaul@kitteryrecreation.com](mailto:jpaul@kitteryrecreation.com).

### Rooms Available for Rent

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Gymnasium	\$50/hour
Dance Studio 1	\$50/hour
Dance Studio 2	\$35/hour
Art Room	\$35/hour
Multipurpose Classroom	\$35/hour
Function/Banquet Hall	\$50/hour
Function Hall/Kitchen	\$70/hour
Kitchen	\$35/hour

*(Board of Directors will be voting on rental rates, these are tentative)*



## Performing Arts Center

The Performing Arts Center at Kittery's Community Center offers a unique venue for live theatre, music, dance, and other performance events. The newly transformed site offers state-of-the-art sound and lighting systems, and retractable seating for 171, making it possible to schedule everything from plays, dance recitals, movie screenings, wedding receptions, bands etc. Additionally, the galleries adjoining the Performing Arts Center offer space for rotating visual art exhibits. Artists interested in submitting proposals for performing event rentals or visual art shows should contact Jeremy Paul at 207-439-3800 or [jpaul@kitteryrecreation.com](mailto:jpaul@kitteryrecreation.com). Applications are subject to approval by the Arts and Cultural Committee.

### Arts & Culture Committee

Kent Stephens - Chair  
Jackie Abramian  
Sue Cobler  
Maureen Convery  
Tom Clark

Faith Harrington-Vice Chair  
Donnajeane Ahigian  
Zhana Morris  
Jean Lincoln

### Theatre Seat Fundraiser

Sponsor a seat in the theatre. For \$200 per seat, a plaque with your name on it will be displayed on one of the theatre seats. Proceeds go directly to fund the enhancement of the theatre. Call (207) 439-3800 for more information.

## Upcoming Presentations in the KCC Theatre

### Traip Academy Presents: Pippin!

Pippin is the story of Prince Pippin's quest to find personal significance. The Leading Player, who is blessed with the gift of magic, narrates the story. Pippin traverses through the trials of war, love and politics before finding himself out amongst the peasants - away from the wealth and privilege of royal life. He ends up falling in love with a good widow, Catherine. In the end, the Leading Player tries to convince Pippin to end the play the way he is supposed to, but Pippin chooses his own path.

When: January 11 and 12, 7PM

Cost: \$8/adults, \$6/students & Seniors  
Tickets available at the door.

### Kent Stephens' STAGE FORCE Presents: CAPE MAY by Patricia Lynch

"Blessed be the builder, blessed be the building, and blessed be all the occupants." With this refrain, playwright Patricia Lynch launches CAPE MAY, a poignant, funny, and powerful tale of three generations of Irish-American women and their relationship with a summer beach house in New Jersey. Meet Agatha, newly widowed, whose attachment to the cottage is intricately interwoven with her love for her lost husband - which makes being forced to part with it that much more painful. Daughter Rosie embraces the cottage, hoping it will prove a pathway to all the love she was denied, and a way to hold onto those she is losing. Finally, Rosie's daughters struggle to come to terms with an ailing parent and the search for purpose in their own lives when the crumbling but beloved relic is assaulted by a once in a century hurricane.

In CAPE MAY, generational stories from the 1930's to the present interweave, then intersect as the principals meet and reconcile across time and, in an enchanting cou-de-theatre, the house itself is played by an actor, who narrates the story and also enacts all the men in the women's lives. This STAGE FORCE production, which unites playwright Lynch with her husband, director Kent Stephens, is a world premier.

Patricia Lynch, best known on the seacoast as Executive Director of The Music Hall in Portsmouth, NH, has seen her plays produced in major theater centers and on tour across the country, from New York and Chicago to Atlanta, Minneapolis and Los Angeles. She is the winner of numerous honors and major grants, including the Roger L. Stevens award from the Kennedy Fund for New American Plays.

When: Friday, March 29 through Sunday, April 7

Cost: TBA



## SAFE Afterschool Program

S.A.F.E. (Safe Alternatives for Enrichment) is our afterschool program for children in grades K-8. We offer children the opportunity to play, explore and create in a supervised and nurturing environment. S.A.F.E. is a licensed program, operating under the guidelines set by the State of Maine. It is held at the Kittery Community Center at Frisbee Common and is open Monday through Friday, 2-6pm. Children attending from Mitchell or Shapleigh schools are bussed to Frisbee Common at the end of the school day. S.A.F.E. offers homework time, outdoor/indoor recreation, arts & crafts, social time, relationship building, life skills, field trips and much more. The program is also open on half days, parent/teacher conference days and vacation days. All children need to be registered with the program in order to participate in activities. You may register your child at the Kittery Community Center at Frisbee Common. Stop by and pick up a parent packet today!

## Eyes of the World Discovery Center

**Ages 2-5 PRE-SCHOOL AND DAYCARE**

Our center is licensed by the State of Maine and accommodates those families who need enriching childcare and Pre-K education for their two to five year olds. Our major goal is to provide affordable, quality early childhood education to the surrounding community of Kittery. Our program uses the State of Maine Curriculum Guidelines and is inspired by Waldorf Education. Our classrooms include centers, sensory tables, circle time, and both artistic and hands-on projects that will inspire the child's academics, creativity, and imaginative play. Our teachers use engaging ways to help the children understand numbers, colors, rhymes, songs, and stories in fun interactive experiences. The Pre-K program provides an opportunity to experience a structured, educational program prior to Kindergarten. The children will learn to live, work and play in a group, sharing and taking turns, practicing common courtesy and politeness. Eyes of the World Discovery Center is open 7am -6pm Monday-Friday. If you are looking for a program for your child to encourage socialization and academics and do not need full time childcare, you have the option of signing your child up for our morning session 7am- noon. Afternoon sessions are available from 12:30-6 as well. Stop by and pick up a parent packet and/or call for a tour of our center.

## Summer Programs Same Price as 2012!

### Summer SAFE Program-K-4th Grade

The Summer SAFE Program runs Monday - Friday for nine weeks, in 3 week sessions. Registration begins in January and a \$50 deposit is required or a payment plan can be arranged. The final payment is due no later than July 26th. Visit the Community Center for more information.

Who: Ages 5 - 4th Grade  
When: Monday-Friday, 9am-4:30PM, June 24-August 23rd  
Before Care: 7:30-9am After Care: 4:30-6pm  
Where: Kittery Community Center  
Cost: \$900/Summer or \$400/Session  
Before/After Care: \$110/Session or \$170/Family/Session

### Summer Adventure Program-5th-9th Grade

The Summer Adventure Program runs Monday - Thursday for eight weeks, in 2-week sessions. Four field trips per week are planned and consist of destinations such as swimming, canoeing, camping, hikes, waterslides, etc. Registration begins in January and a \$50 deposit is required or a payment plan can be arranged. The final payment is due no later than July 26th. Visit the Community Center for more information.

Coordinator: Kyle Cook  
Who: 5th - 9th Graders  
When: Monday-Thursday, 9am-4pm  
June 24-August 15th  
Where: Kittery Community Center  
Cost: \$900/Summer or \$325/Session



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## Indoor Soccer

Indoor Soccer is a 6-week program running from March - April and consists of weeknight games. All games will take place in the Gymnasium at the Kittery Community Center.

### PeeWee

Who: Children ages 3-4  
Where: KCC Gymnasium  
When: Wednesdays - 4:30pm, March 13 - April 24  
Cost: \$45 registration through March 1 /non residents add \$10  
\$65 registration after March 1/non residents add \$20

### K-6th Grades

Who: Children in grades K-6  
Where: KCC Gymnasium  
When: Wednesday or Thursday Evenings  
March 13/14 - April 24/25  
Cost: \$45 registration through March 1/non residents add \$10  
\$65 registration after March 1/non residents add \$20

## T-Ball

This program is for children ages five and six. Six year olds who have played at least one year of T-Ball have the choice between T-Ball or Little League (see below), but not both.

Who: Children ages 5-6  
Where: KCC, Frisbee Field  
When: Tuesday and Thursday evenings  
4:30pm, Starting in April  
Cost: \$45 registration through April 12/ non residents add \$10  
\$65 registration after April 12/non residents add \$20

## Fall Soccer

### PeeWee

This six week program is a basic introduction to the game of soccer. Age appropriate skills and drills will be included, however, the main emphasis of this program will be to offer tons of fun for you and your child. This program requires "feet on" participation by all parents!

Who: Children ages 3-4  
Where: KCC, Frisbee Field  
When: Saturdays, September 7 through October 12  
Cost: \$45 registration July 29 - August 23 /non residents add \$10  
\$65 registration starting August 26/non residents add \$20

### K-6th Grades

Who: Children in grades K-6  
Nippers: Age 5 - 1st Grade  
Juniors: 2nd - 3rd Grades  
Seniors: 4th - 6th Grades  
Where: Frisbee, Emery or Shapleigh Field  
When: September 7 through October 12  
Cost: \$45 registration July 29 - August 23/ non residents add \$10  
\$65 registration starting August 26/non residents add \$20

**Coaches Needed!** Coaches are always needed for our youth sports! Please indicate on your registration form if you are able to coach or assist.

## Current Open Gym Schedule

Monday - Friday	2:00pm-5:00pm	Youth Open Gym
Monday	6:30pm-9:00pm	Adult Open Gym
Tuesday	7:00pm-9:00pm	Adult Open Gym
Friday	6:30pm-8:30pm	Volleyball Open Gym

With a number of Recreation sponsored teams scheduled for practices and games during the winter months, the above open gym schedule will be used until the end of March. Please call in advance 439-3800 to be sure that the gym is open for use. Changes and updates will be posted on Facebook and the Community Center website.

# Team Sports

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## Summer Sports Camps



**Pee Wee Basketball Camp, July 8-12** For the beginner basketball player, ages 4 & 5. An introduction to basketball skills. Held from 9-10am at the Kittery Community Center. \$30/person. T-Shirt included.

**K-2nd Grade Basketball Camp, July 8-12** For the beginner basketball player entering K-2nd Grade. Held from 9-11am at the Kittery Community Center. \$50/person. T-Shirt included.

**3rd & 4th Grade Basketball Camp, July 9-13** For the player who may have some experience and wants to learn more (however, no experience necessary). Held from 9am - 1pm at the Kittery Community Center. \$60 per person. T-Shirt included.

**5th - 8th Grade Basketball Camp, July 15 - 19** For the more experienced player looking to improve on his/her skills. This camp will be instructed by Jeremy Paul, Traip's Varsity Boy's Basketball coach. Held from 8:30am - 4:00pm at the Kittery Community Center. \$130/person or \$200/family. T-Shirt included.

**Pre-K - 8th Grade Summer Soccer Camp, July 22 - 26** This soccer camp, conducted by the Seacoast United Soccer Club, is a week-long camp held at the Shapleigh Field. Register at [www.seacoastunited.org](http://www.seacoastunited.org).

Grassroots Camp	3-4 year olds	4-4:45	\$55
Skills & Scrimmage	4-6 year olds	4-5:30	\$85
Full Camp	6-14 year olds	4-7:00	\$105

## Kittery Youth Football League

Students in grades 4-8 starting in September 2013 can participate in the Kittery Youth Football League. Teams play in the Southern Maine Youth Football League and games are played on Saturdays or Sundays. Practices and home games are held at Memorial Field in Kittery.

## Kittery Youth Football Cheerleading

Girls entering grades 4-8 starting in September 2013 can participate in the Kittery Youth Football Cheerleading squad. This squad cheers for the Kittery Youth Football Pee-Wee and Junior High teams. Football games are played on Saturdays or Sundays. Practices and home games are held at Memorial Field in Kittery.

Sign-up night for Football and Cheerleading will be held Wednesday, April 10th from 5:30-7:00pm at the Kittery Community Center. The season begins in August and ends in November.

## Mens 4-on-4 Basketball League

A 6-week season followed by Single Elimination Playoffs. Each player receives a league t-shirt/uniform.

Who: Adult Men, Ages 18 and older  
Where: KCC, Gymnasium  
When: Thursdays, March 21 - May 2  
Cost: \$20 registration January 28 - March 1

## Kittery Little League

Registration begins January 2, 2013! This includes the following Leagues: Visit their web site at [www.eteamz.com/kitterylittleleague](http://www.eteamz.com/kitterylittleleague)

For more information on Kittery Little League, please contact Brenda O'Neil at 207-641-7818 or Rob Sawtelle at 207-332-4546.

## Call for Red Sox Trips



Be sure to "Like" us on Facebook for updates on programs and activities!

# Fitness Activities

**NEW! Pilates** Pilates is a conditioning system of exercises that helps build flexibility and long, lean muscles, strength and endurance in the legs, abdominals, arms, hips, and back. It focuses on developing a strong core or center, and improving coordination and balance. Different levels of difficulty will be presented so this class is suitable for beginner as well as for advanced students.

Instructor: Nina El-Badry  
Who: Adults Ages 18 and over  
When: Mondays, 7:15-8:15am - 6 week sessions  
Session 1: January 7 - February 25  
Session 2: March 11 - April 22  
Session 3: May 6 - June 17  
Where: KCC, Studio 2 Cost: \$50 per person



**NEW! Hatha Yoga** Yoga is one of the best methods of building flexibility and strength in our body, mind and spirit. In this multi-level class we will be experiencing the classic poses (asanas) taught in the traditional manner. If you have never participated in yoga before or if you have been practicing for a long time -- this is the class for you! Please bring a yoga mat and do not eat a big meal for at least 1 hour before class.

Instructor: Sara Bigelson  
Who: Adults Ages 18 and over  
When: Thursdays, 6:30 - 7:30pm - 6 week sessions  
Session 1: January 17 - February 21  
Session 2: March 7 - April 11  
Session 3: April 25 - May 30  
Where: KCC, Studio 2 Cost: \$50 per person

**Yoga for Us All** Yoga is an ancient practice which helps to tone the body and calm the mind. With increased strength and flexibility, Yoga can be the path to a healthy more balanced life. All levels welcome. Please bring a Yoga mat.

Instructor: Mary Burke  
Who: Adults Ages 18 and over  
When: Mondays, 5-6pm - 6 week sessions  
Session 1: January 7 - February 11, 5 week session  
Session 2: March 4 - April 8, 6 week session  
Session 3: May 6 - June 17, 6 week session  
Where: KCC, Studio 2  
Cost: \$42/5 week session or \$50/6 week session

## NEW! Nordic Fitness Walking

with Lauren DeLong of York Nordic

Wouldn't it be nice to burn extra calories while enjoying a smart physical activity with maximum health benefits? Nordic walking is easy to learn and combines fun with convenience. Nordic walking is like fitness walking with specialized walking poles. There are two levels to choose from and we will do our best to accommodate those who would prefer to switch levels.

*Poles will be provided by and returned to instructor at each session.*

### Nordic Walking - Leisurely

Who: Adults Ages 18 and over  
When: Wednesdays, 9:30-10:30am, 4 week session  
Session 1: January 9 - January 30  
Session 2: February 20 - March 13  
Session 3: April 3 - April 24  
Where: KCC, Walking Track Cost: \$40 per person

### Nordic Walking - Active

Who: Adults Ages 18 and over  
When: Wednesdays, 8:30 - 9:30am, 4 week session  
Session 1: January 9 - January 30  
Session 2: February 20 - March 13  
Session 3: April 3 - April 24  
Where: KCC, Walking Track Cost: \$40 per person

## AGES 55 AND UP!

**Chair Yoga** This is a gentle form of Yoga that is practiced sitting in a chair, or standing using a chair for support. If you sit at a desk all day, if you are rehabilitating from injuries, if you have issues getting up and down from the floor, if you have arthritic joints/limited joint mobility, if you would just like a yoga class where you know you are not going to jump right from one pose to another, this class is for you! *Please bring a mat or towel and do not eat a heavy meal for at least an hour before class.*

Instructor: Sara Bigelson  
Who: Adults Ages 55 and over  
When: Tuesdays, 1-2pm OR Thursdays, 9-10am  
6 week sessions  
Session 1: Jan 15/17 - Feb 19/21  
Session 2: March 5/7 - April 9/11  
Session 3: April 23/25 - May 28/30  
Where: KCC, Studio 2 Cost: \$50 per person



**Zumba Toning** Are you ready to party yourself into shape!! This easy-to-follow calorie burning dance fitness program is suitable for everyone regardless of fitness level. Using Zumba Toning sticks, we combine targeted body-sculpting exercises and cardiovascular work (or rather play) for a fun, full body movement system.

Instructor: Sara Bigelson  
Who: Adults Ages 55 and over  
When: Thursdays, 10:15-11am - 6 week sessions  
Session 1: January 17 - February 21  
Session 2: March 7 - April 11  
Session 3: April 25 - May 30

Where: KCC, Studio 2 Cost: \$50 per person



**NEW! The Wun-Jo & Flo-dynamics Training** This system is a total fitness package that emphasizes strength, balance and flexibility. It improves posture, lightens our stance and gait for walking and running and improves range of motion in all our joints. For more information, visit [www.wun-jo.com](http://www.wun-jo.com)

Instructor: Sara Bigelson  
Who: Adults Ages 55 and over  
When: Fridays, 9:30-10:15am - 6 week sessions  
Session 1: January 18 - February 22  
Session 2: March 8 - April 12  
Session 3: April 26 - May 31  
Where: KCC, Studio 2 Cost: \$50 per person

**NEW! Tai Chi: Moving for Better Balance** This introduction to Taiji focuses on movements that have been clinically proven to improve balance. These simple, therapeutic and functional exercises emphasize weight-shifting, postural alignment, coordinated movements, visual and breathing techniques.

Instructor: Bill Buckley  
Who: Adults Ages 55 and over  
When: Wednesdays, 9:30-10:30am - 12 week sessions  
Session 1: January 9 - April 3 (no class March 27)  
Session 2: April 10 - June 26  
Where: KCC, Studio 2 Cost: \$125 per person

**Zumba Gold** Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zumba Gold is a dance-fitness class that feels friendly, and most of all fun.

Instructor: Nina El-Badry  
Who: Adults 55 years and older  
When: Mondays, 8:15-9:00am - 6 week sessions  
Session 1: January 7 - February 25  
Session 2: March 11 - April 22  
Session 3: May 6 - June 17  
Where: KCC, Studio 1 Cost: \$50 per person

**NEW! Low-Impact 55+ Group Exercise** This is a low-impact group exercise class for those aged 55+. This class will center around increasing mobility and cardiac health. It will also help with bone density.

Instructor: Daphne Rowe  
Who: Adults 55 years and older  
When: Fridays, 11:15am-12:00pm  
Session 1: January 11-February 15  
Session 2: March 1 - April 5  
Session 3: April 19-May 24  
Where: KCC, Studio 2 Cost: \$50 per person, Fee -



## Beginning Tap Dance

Tap dance comes to us from our Irish friends and from the streets of Harlem. Come and explore this great American Dance with its rich rhythms and unique styles. Anyone can be a hoofer if the desire to tap their toe is there. Lew-Ann offers a basic introduction to all who gotta dance. So get out your tap shoes and let's dance!

Instructor: Lew-Ann Leen  
 Who: Anyone 16 years and older  
 When: Tuesdays, 6:30-7:30pm  
 Session 1: February 26 - April 23 (8 weeks)  
 Session 2: April 30 - June 4 (6 weeks)  
 Where: KCC, Studio 1 Cost: \$80/8 wks or \$60/6 wks

## Intermediate Tap

Intermediate Tap is for those students with previous Tap experience. We will be exploring at a more complex level of toe tapping fun. Music varies from favorites from the Twenties, Thirties, Forties to those right off the top of the charts today. This is a great workout from head to toe, tapping your way to a happier you.

Instructor: Lew-Ann Leen  
 Who: Anyone 16 years and older  
 When: Tuesdays 5:30-6:30pm - 8 week sessions  
 Session 1: February 26 - April 23 (8 weeks)  
 Session 2: April 30 - June 4 (6 weeks)  
 Where: KCC, Studio 1 Cost: \$80/8 wks or \$60/6 wks

## NEW! Ballroom Dancing

Come and experience the joys of partner dancing! You will learn the basics in Foxtrot, Swing, Waltz and Rumba. The class is for those with no experience, for those who would like a refresher on the basics and especially for those who think they have two left feet. No partner is required.

Instructor: Frederick Dunn  
 Who: Adults 18 years and older  
 When: Tuesdays 7:30-8:30pm OR Wednesdays 4:30-5:30pm  
 6 week sessions  
 Session 1: January 8/9 - February 12/13  
 Session 2: February 26/27 - April 2/3  
 Session 3: April 16/17 - May 21/22  
 Where: KCC Theater Cost: \$70 per person

## BellyDancing

Why can't exercising be fun and glamorous? It can! Strengthen your core, improve your flexibility, shake and shimmy off inches while moving to the beautiful mysterious melodies from the Old World. Now every woman can explore her goddess within and become a diva. Wear comfortable clothing like a tank top and capri pants. Hip Scarves are optional but useful and fun.

Instructor: Lew-Ann Leen  
 Who: Adult women, ages 18 years and older  
 When: Fridays, 5:30 - 6:30pm - 8 weeks  
 Session 1: March 1 - April 19  
 Session 2: May 3 - June 21  
 Where: KCC, Studio 1 Cost: \$70 per person



## NEW! Beginner West Coast Swing

West Coast Swing (WCS) is a type of swing dance that is danced to a wide variety of music, including Rhythm & Blues and Contemporary/Hip-Hop. The dance allows for both partners to improvise steps while dancing together. This dance is very popular throughout the country. In this series, you will learn the fundamentals of WCS, including proper technique and partner connection. No partner or dance experience is necessary!

Instructor: Nina El-Badry  
 Who: Adults 18 years and older  
 When: Tuesdays, 7:30-8:30pm - 6 week sessions  
 Session 1: January 8 - February 12  
 Session 2: February 26 - April 2  
 Session 3: April 16 - May 21  
 Where: KCC, Studio 1  
 Cost: \$60 per person

# Fitness & Dance Classes

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## Zumba with Nina

Zumba classes feature exotic rhythms set to high-energy Latin and international beats. There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.



Instructor: Nina El-Badry  
 Who: Adults 18 years and older  
 When: Wednesdays, 5:30-6:30pm - 6 week sessions  
 Session 1: January 9 - February 13  
 Session 2: February 27 - April 3  
 Session 3: April 17 - May 22  
 Where: KCC, Studio 1 Cost: \$50 per person

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# Youth Programming

## Mad Science

Take a Bite Out of Science: We invite you to "Take a Bite Out of Science" in this indulging afterschool program that will leave you full of inquiry and hungry for more science! Whether you like your science savory, spicy, or sweet, this class is sure to satisfy all appetites and cravings! Visit Mad Science at [www.madscience.org/maine](http://www.madscience.org/maine).

**Instructor:** Mad Scientist  
**Who:** Children Grades 1-5  
**When:** Tuesdays, 4-5pm (6 weeks)  
 April 2 – May 14 (no class 4/16)  
**Where:** KCC, Art Room  
**Cost:** \$79/student

## Karate

Head Sensei Bob has been teaching at the Kittery Recreation Department since 1991. All rank promotions are certified via Okinawa and Master Kise personally supervises all Black Belt promotions during his yearly visits to the US. Our classes stress Traditional Protocol, Self-Discipline and Quality Authentic Training and Techniques. Classes are continued all year. Family discounts are offered. Please come by the studio and watch one of our classes or try a free intro class.

**Instructor:** Sensei Bob Modee  
**Who:** Ages 7 - Adult  
**When:** Mondays & Thursdays, 6:00 - 7:30pm  
 Session 2: Dec - Feb      Session 3: March - May  
 Session 4: June - August  
**Where:** KCC, Studio 1  
**Cost:** \$110/one and \$80/ea add'l family member

## NEW! Introduction to Rock Climbing

### Ben Perry Climbing Wall at Traip Academy

An awesome introduction to rock climbing using the Town's own community climbing wall at Traip Academy. Join a certified climbing instructor in learning the basics of climbing, knots, checking gear, working together as part of a belay team, technique, handles and more!

**Who:** Youth in Grades 1 - 8  
**When:** Grades 1-4: Mondays, 4-6pm - 4 week sessions  
 April 29 - May 20  
 Grades 5-8: Tuesdays, 4-6pm - 4 week sessions  
 April 30 - May 21  
**Where:** Traip Academy Gymnasium, Ben Perry Climbing Wall  
**Cost:** \$85 per person

## NEW! BOT Shop: 3-Dimensional Printing

BOT Shop is designed for kids who want to be the first on their block to experience the potential of 3-Dimensional Printing. Students will actually build the printer (BOT) and then learn to design an object using CAD (computer aided design). Your creation is then exported to the printer and you'll watch as the object is built layer by layer right before your eyes! All students will receive their own digital caliper and go home with a printed plastic part! Each session consists of 4 - 2 hour classes.

**Instructor:** Wayne Read  
**Who:** Youth ages 10 and up  
**When:** Session 1: January 28-31, 3-5pm  
 Session 2: February 25-28, 3-5pm  
 Session 3: April 16-19, 3-5pm  
**Where:** KCC, Multipurpose Room  
**Cost:** \$100/person



## NEW! Parent's Night Out!

Want a special night out? Want the kids to have a fun, safe place to go? Sign up for the new Parent's Night Out at the Kittery Community Center! Run by the S.A.F.E. staff, we'll have pizza, crafts, games and a movie in the movie room. Space is limited so register early!

**Who:** Youth in Kindergarten - 8th Grade

**When:** Fridays, 6-9pm

January 25

February 15

March 15

April 19

**Where:** KCC

**Cost:** \$15/first child, \$10/siblings

## NEW! Junk to Funk!

by Trash Can Lid Produc-



tions

An exciting new program blending the disciplines of science, technology, language arts, pop culture, music and performance art through fun, rewarding and often life changing experiences! A sensational outlet for students' creativity, physical energy and individual expression with an emphasis on making music using instruments made from found objects.

**Instructor:** Jeff Erwin

**Who:** Youth in Grades 2-6

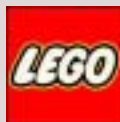
**When:** February 19 - 23, 2-4pm (performance 2/23 at 10am)

**Where:** KCC

**Cost:** \$110/person

## NEW! LEGO Camp!

All About Learning is a leading provider of enrichment programs and classes. All of our classes utilize Science, Technology, Engineering and Mathematics (STEM) concepts and critical thinking, problem solving, collaboration, agility and adaptability, curiosity and imagination. Students creatively build and modify different machines using LEGO kits. All students will get to take home their creation!



### Grades 1-3:

**Junior Vehicle Engineering:** Build and modify different vehicles, including everyday vehicles, concept cars, construction machines and more.

**When:** Thursdays, 4-6pm - Feb 7-Mar 7

**Where:** KCC

**Cost:** \$85/student

**Junior Engineering 1:** Build and modify machines through basic engineering skills. Examples include a Race Car, Windmill, Merry-Go-Round.

**When:** Saturdays, 9-11am - March 2-23

**Where:** KCC

**Cost:** \$85/student

**Junior Engineering 2:** Students will build projects of higher complexity using gears and motors from our unique LEGO kits. Examples include Car and Trailer, Seesaw, Oil Well Drill, Snow Plow, Motorcycle.

**When:** Saturdays, 9-11am - April 6 - May 4

**Where:** KCC

**Cost:** \$85/student

### Grades 4-8:

**Vehicle Engineering:** Build up to 13 different motorized vehicles capped off with a final project, including everyday vehicles, concept cars, construction machines and more.

**When:** Thursdays, 4-6pm - Mar 28 - April 25

**Where:** KCC

**Cost:** \$85/student

**Collision Cars:** Build a variety of battling machines. This is a class of exploration, problem solving and risk-taking with a goal learning and experimenting with how machines work and compete.

**When:** Thursdays, 4-6pm - May 9 - 30

**Where:** KCC, Art Room

**Cost:** \$85/student

**Elementary Engineering:** Creatively build and modify machines applying basic engineering principles. This is an integrated science and math class.

**When:** See Below, Summer Camp

### Summer Camp Sessions:

**When:** Junior Vehicle Engineering, Gr 1-3: July 22-25, 9am - 12pm

Collision Cars, Grades 4-8: July 22-25: 1pm - 4pm

Junior Engineering, Grades 1-3: August 12-15, 9am - 12pm

Elementary Engineering, Gr 4-8: August 12-15, 1pm - 4pm



**NEW! Babes On Stage!** Explore acting, movement, singing, creative drama and self-expression while having fun and making new friends in this supportive environment. Each session is filled with creative play, fairy tales, dress up, tongue twisters, singing and movement. Taught by Miles Burns, Youth Co-Director at the Seacoast Repertory Theater.

Who: Preschool Youth, Ages 4-5  
 When: Mondays, 3:30-4:15pm (10 weeks)  
 Session 1: January 7 - March 25 (no class 1/21 or 2/18)  
 Session 2: April 1 - June 17 (no class 4/15 or 5/27)  
 Where: KCC, Multipurpose Room Cost: \$150/child

**NEW! The Acting Bug** This class is designed for kids ages 6-9 and explores stage directions and working on scenes from various plays for young people. We will work on developing characters and putting on a performance to culminate the class! Taught by Miles Burns, Youth Co-Director at the Seacoast Repertory Theater.

Who: Youth, Ages 6-9  
 When: Mondays, 5:15-6:00pm (10 weeks)  
 Session 1: January 7 - March 25 (no class 1/21 or 2/18)  
 Session 2: April 1 - June 17 (no class 4/15 or 5/27)  
 Where: KCC, Multipurpose Room Cost: \$150/child

**Creative Dance for 4, 5, and 6 year olds** The class will introduce basic ballet movements as well as explore creative movement and self-expression in the center. Students should wear loose, comfortable clothing or leotards, and ballet slippers.

Instructor: Susan Duffy  
 Who: Youth, Ages 4-6  
 When: Saturdays, 10-11am - 10 week sessions  
 Session 1: January 12 - March 16  
 Session 2: April 6 - June 8  
 Where: KCC, Studio 1 Cost: \$100/child

**Ballet I for 7, 8, and 9 year olds** The class will introduce the foundations of ballet at the barre as well as basic technique in the center. Instruction will also include stretching, balancing, small jumps, arm and leg coordination and exploring the elements of space, formations, and rhythm. Exercises in creative expression will also be given. Students should wear loose, comfortable clothing or leotards and ballet slippers.

Instructor: Susan Duffy  
 Who: Youth, Ages 7-9  
 When: Saturdays, 11am-12pm - 10 week sessions  
 Session 1: January 12 - March 16  
 Session 2: April 6 - June 8  
 Where: KCC, Studio 1 Cost: \$100/child

**Pre-School Tumbling** The goals of this program are to encompass building physique and character with each student, while connecting mind and body in an active and fun filled environment. Children will enjoy mat and floor techniques such as forward and backwards tumbles, donkey kicks and various fitness activities. The classes will also include balancing, core strengthening and cardiovascular exercises.

Instructor: Heather Pilibosian  
 Who: Toddlers, 2-4 years  
 When: Tuesdays, 4-4:45pm - 6 week sessions  
 Session 1: January 8 - February 12  
 Session 2: February 26 - April 2  
 Session 3: April 23 - May 28  
 Where: KCC, Studio 2 Cost: \$96/child

**Gymnastics Program** The goals of this program are to encompass building physique and character with each student, while connecting mind and body in an active and fun environment. There will be mat and floor exercises, forward and backward tumbles, donkey kicks, and various fitness activities. The classes will also include balancing, core strengthening, and cardiovascular exercises. These classes will be customized based on your child's age and developmental skill level.

Instructor: Heather Pilibosian  
 Who: Youth, Ages 5 and older  
 When: Tuesdays, 4:45-5:30pm - 6 week sessions  
 Session 1: January 8 - February 12  
 Session 2: February 26 - April 2  
 Session 3: April 23 - May 28  
 Where: KCC, Studio 2 Cost: \$96/child

# Youth Programming 9

**Zumbatomic** Designed exclusively for kids, Zumbatomic classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggae, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Zumbatomic rounds out family fitness goals by giving parents a great reason to head to the gym - for themselves, for their kids, for a totally fun family experience!

Instructor: Nina El-Badry  
 Who: Youth, Ages 5-12  
 When: Mondays, 4:30-5:15 - 6 week sessions  
 Session 1: January 7 - February 25  
 Session 2: March 11 - April 22  
 Session 3: May 6 - June 17  
 Where: KCC, Studio 1 Cost: \$45/child

**NEW! Mosaic Art Class** Learn the craft of designing with Tessera and create a masterpiece of your own. You are welcome to bring your own found objects to the class to use them in your work.

Instructor: Deanna Riedencarson  
 Who: Youth, Ages 9 and up  
 When: Saturdays, 2 - 4pm - 3 week sessions  
 Session 1: March 2 - March 16  
 Where: KCC, Art Room Cost: \$65/student

## I've Got Something to Say:

**A Writer's Group for Young Writers** This writer's group takes kids seriously as writers, able to express themselves so that others will listen and really understand. Students will be able to try out a variety of pieces on topics of their choosing. They will learn how to give and receive feedback and will receive focused guidance in the craft of writing. **\*Class is limited - Register Early!\***

Instructor: Rebecca Webb  
 Who: 4th & 5th grade students  
 When: Wednesdays, 4-5:30pm - 6 week sessions  
 Session 1: January 9 - February 13  
 Session 2: February 27 - April 3  
 Session 3: April 24 - May 29  
 Where: KCC, Art Room Cost: \$45/student

## NEW! Now a session for 6th - 8th Grade Students!

Who: 6th - 8th grade students  
 When: Thursdays, 4-5:30pm - 6 week sessions  
 Session 1: January 10 - February 14  
 Session 2: February 28 - April 4  
 Session 3: April 25 - May 30  
 Where: KCC, Art Room Cost: \$45/student

**NEW! Sewing Class for Kids** We will learn how to safely use a sewing machine while making two projects: a pillow case and a patchwork pillow. Supplies needed: a sewing machine.

Instructor: Bonnie Harrison  
 Who: Ages 9 and up  
 When: Fridays, 3 - 4:30pm - 6 week sessions  
 Session 1: Jan 11 - Feb 15 Session 2: Mar 8 - Apr 12  
 Where: KCC, Art Room Cost: \$100/student

**Babysitting Course** This baby-sitting course prepares youth with the training every parent wants in a baby-sitter including: safety, basic childcare, safe play, first-aid and critical emergency action skills. *Please bring a lunch and a snack.*

Instructor: Red Cross  
 Who: Ages 11 and up  
 When: Saturday, 9am-3:30pm  
 Session 1: February 9 Session 2: May 11  
 Where: KCC, Multipurpose Classroom Cost: \$90/student

# 10 Community & Family Events

## Kittery Block Party



Presented by Bob's Clam Hut  
and York Hospital in Kittery  
Saturday, June 15, 2013  
Kittery Foreside

### ABOUT THE BLOCK PARTY

The Kittery Block Party is a celebration of local art, culture and food that fosters lasting relationships and strengthens community in a fun neighborhood atmosphere enjoyable to all ages.

The Kittery Block Party will feature artisans, artists, non-profits, area farmers, and restaurants – with an emphasis on “local” – as well as other community involvement. There will be a children’s area, live entertainment throughout the day, demonstrations and educational exhibits. This event is sure to entice, educate, and entertain all ages. KBP is a rain or shine event, and there is no admission fee.



Where: Kittery Foreside  
When: Saturday, June 15

More information coming!



## Summer Concerts on the Common

### Sponsored by Kennebunk Savings

Bring your lawn chair and relax after a long day! Concerts are free.

Who: Open to the public  
Where: KCC, Frisbee Common  
When: July 9, 16, & 23, Kittery Fest Aug 2

**Mother/Son Bowling** While father and daughter are dancing the night away, mom and son are headed to Bowl-O-Rama for some Cosmic Bowling! We'll have music, lights, a DJ and pizza! Any mother, stepmom, aunt, sister, grandmother or family friend is welcome to escort the special boy in her life.

Where: Bowl-O-Rama  
When: Saturday, February 9th, 6:30-8:30pm  
Cost: \$15/person

## Valentine's Dance

Spend an evening with someone special at our Annual Valentine's Dance. Any father, stepdad, uncle, brother, grandfather or family friend is welcome to escort that special girl in his life. Enjoy a live DJ, refreshments, door prizes, party favors and memories that can be captured in a photo (for an extra charge). *Donations of goodies and/or drinks are appreciated (please let us know in advance of any donations.)*

When: Saturday, February 9th, 6:30-8:30pm  
Where: KCC, Theater  
Cost: \$15/one couple (adult & child), \$25/family (adult and more than one child)  
\$30/family at the door

## NEW! Easter Egg Hunt

Peter Cottontail will be hiding Easter Eggs and candy for youth ages 2-10 in Kittery on Saturday, March 30<sup>th</sup>. Hop on over and get your Easter Egg surprise! Children will also get to meet the Easter Bunny himself. Rain or shine, the hunt will move indoors in event of bad weather. No registration required. *Parental supervision mandatory.*

Who: Children ages 2-10  
Where: Frisbee Common  
When: Saturday, March 30  
Ages 2-5: 9am; Ages 6-10: 10:30am

Cost: No Charge



## KitteryFest

Come celebrate Summer at the Kittery Community Center! Bigger and better this year with water games, face painting, water slide, food, and a free concert to end the night!

Where: KCC, Frisbee Common  
When: Friday, August 2  
Cost: \$5/person or \$15/family

## 5th Annual Kittery Community Auction

Presented By:



The Kittery Recreation Department and Traip Academy Athletic Boosters will be hosting their 5th Annual Kittery Community Auction on **Saturday, March 23rd** to help benefit their programs in Kittery. Come be a part of a great night out in support of these great organizations! Entertainment following the auction will again be “The Jen Thayer Band”! If you would like to donate an item to be auctioned off or become a sponsor, please contact Jeremy Paul at 439-3800 or [jpaul@kitteryrecreation.com](mailto:jpaul@kitteryrecreation.com)

Gold Sponsors



Tickets: \$20

Silent Auction at 5:30pm

Live Auction at 7:00pm

Entertainment begins at 9:00pm

## 2013 Special Membership

*Rates Through January 31st*

*Kittery Residents/Non-Residents*

**\*\*Youth (12-17) \$60/\$80**

**Adult (18-59) \$120/\$160**

**Senior (60+) \$60/\$80**

\*Membership Fees include yearly membership to the Fitness Suite at the Kittery Community Center. This includes Cardio & Weight Machines and free weights.

\*\*Children under 12 are not permitted to use the Fitness Facility. Children ages 12-15 may use the Fitness Facility when accompanied by a supervising adult, someone 18 or older.

## Fitness Suite

11

2013 February-December  
Membership

Kittery Residents/Non-Residents

**\*\*Youth (12-17) \$82.50/\$110**

**Adult (18-59) \$165/\$220**

**Senior (60+) \$82.50/\$110**



**Entrance to the Walking Track and Basketball Gym is at no charge!**

### Fitness Room Hours

Monday - Friday: 6am - 9pm

Saturday: 8am - 4pm

*Closed on all major holidays*



Free WiFi is now  
available at the Kittery  
Community Center!  
Network Name: Krec

### Private Training

Private training time is provided by  
trainer Sara Bigelson. Please pick  
up a flyer at the reception desk!

**Please remember the track is for walking only! Not for running/jogging or viewing events in the gym.**

### Volunteers Needed!

The Kittery Community Center is actively recruiting volunteers to assist in various areas of our building, with programming and events. Volunteers are eligible to receive Rec Bucks for their services to use towards other activities that the Recreation Department hosts. If you are interested in volunteering, please contact Todd Henley at either 207-439-3800 or [thenley@kitteryrecreation.com](mailto:thenley@kitteryrecreation.com) and let us know how you are interested in assisting. Thank you in advance!

## Back Channel Canvas Shop

Est. 1990



## When it comes to canvas, We cover it all!

- Fixed frame and retractable awnings
- Decks and patios
- Windows and entry ways
- Commercial and Residential awnings of all kinds
- Covered porches and Three Season porches
- Screened-in porches
- Outside air conditioner units, welder units
- Cushions for your boat, porch or home
- Boat covers of all kinds, custom boat framework
- Boat tops and Canvas work
- Boat interior and exterior cushions

Fully Insured • References Available • Free Estimates

*Serving the Seacoast for more than 20 years!*

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**207-439-9600 603-427-6875**

**[www.backchannelcanvas.com](http://www.backchannelcanvas.com)**



# 12 Adult Programming

## Senior Movie Days

Come to the Community Center and watch a movie on us! Enjoy some new and old classics alike. Popcorn and drink provided.

Who: Adults Ages 55 and over  
When: See below for dates and times  
Where: KCC, Senior Room Cost: No Charge

Movies will begin at 12:30pm on the following Thursdays:

January 31: The Artist  
February 28: J. Edgar  
March 28: Extremely Loud & Incredibly Close  
April 25: I Am Sam  
May 23: The Vow

## Breakfast Tuesdays (preregister please)

Join us for a hot breakfast buffet of all your favorites!

Who: Adults Age 55 and over  
When: Tuesdays, 8 - 9am  
January 29 February 26 March 26  
April 30 May 21  
Where: KCC Function Room Cost: \$6/person

## Luau Luncheon (preregister please)

Join us for a special Luau Luncheon! Ham dinner with all the fixins!

Who: Adults Ages 55 and over  
When: Thursday, May 9, 11:30am-1pm  
Where: KCC Cost: \$8./person

## Meat House Steak Tips (preregister please)

Enjoy a night of Karaoke, Cribbage, card games, chess and more. Dine on mouthwatering steak tips from the The Meat House, mashed potatoes, pepper & onions, beans, salad, & dessert. Register early! Preregistration required.

Who: Adults age 55 and over  
When: Wednesday, June 12, 5:30-7:30pm  
Where: KCC, Function Room  
Cost: \$8/person



## NEW! Lunch at the KCC Cafe

Join us for lunch at the KCC every 1st and 3rd Tuesday of the month. Lunch will be served from 11:30am to 1pm. You're welcome to stay after at 1pm for a game of Cribbage, Scrabble or Dominoes. Please call about a week in advance to sign up. All lunches include a meal, beverage and dessert.

January 15: Homemade soup, 1/2 sandwich, chips  
February 5: Spaghetti & Meatballs, garlic bread, salad.  
February 19: Homemade beans, hot dogs, cornbread.  
March 5: Meatloaf, mashed potatoes, vegetable  
More dates to be announced.

Who: Adults  
When: First and Third Tuesday of the month  
Where: KCC Function Room Cost: \$6 per person  
(preregister please)

## Lobster Luncheon (preregister please)

Don't miss out on our ever popular Lobster Luncheon! Available to the first 120 Kittery Seniors who register (and pay) in advance. We are serving Lobster, Chowder, Potato Salad, Corn on the Cob, Chips, Dessert and a beverage (Chicken is available in place of lobster, ordered in advance).



Who: Adults age 55 and over  
When: Thursday, July 25, 11:45am  
Where: KCC, Frisbee Common  
Cost: \$13 per person

## Friday BINGO!

(preregister please)

Come play Bingo on the 1st and 3rd Friday of each month. Please register by Thursday for these days so that we can place the food order for lunch. There will be prizes awarded to the winners!

January 4: Pizza  
January 18: American Chop Suey  
February 1: Chicken Sandwiches  
February 15: Meatball Sub  
March 1: Lasagna & Garlic Bread  
March 15: Shepard's Pie (St. Patrick's Day)  
April 5: Moe's Italian Sandwiches  
April 19: Beef Stew  
May 3: Tacos, Cinco de Mayo  
May 17: Pizza  
May 31: End of Year Bingo Party! (Burgers and Hot Dogs)



Who: Adults Ages 55 and over  
Where: KCC, Function Room  
When: 11am-1pm, 1st & 3rd Fridays  
Cost: \$6.50 with Lunch or \$2.25 without Lunch

Interested in playing BINGO with a small group? Join Betty Greene and friends every Tuesday at 10am for some BINGO fun! No registration necessary.

## NEW! Cribbage

Who: Adults Ages 55 and over  
When: Wednesdays, 10am - 12pm  
Where: KCC, Small Senior Room Cost: No Charge

## NEW! Mahjong

Who: Adults Ages 55 and over  
When: Thursdays, 9am - 11am  
Where: KCC, Small Senior Room Cost: No Charge

## Scotland: Beyond the Distilleries and Castles

Basic introduction to Scottish history time-line. Attendees will learn about elements of Scottish history and culture.

Instructor: Michael Small  
Who: Adults 18 and over  
When: Tuesdays, 7-8:30pm - 6 week sessions  
Session 1: January 8 - February 12  
Session 2: April 23 - May 28  
Where: KCC, Multipurpose Room Cost: \$45 per person



\*NEW LOCATION!\*

FREE TAX HELP - AARP Tax-Aide volunteers, will be providing free tax help in the preparation of both Federal and state of Maine income tax returns at the Kittery Community Center from February 6 - April 15. To have your taxes prepared, a taxpayer needs to bring the following: Social Security Card (IRS requirement) for EACH person on the tax return, previous year tax return, all 2012 tax documents (1099-R, 1099-DIV, 1099-B, W2's, real estate tax bill, receipts or canceled checks for itemizing deductions (if applicable).

When: Wednesdays, 10am-4pm and Thursdays, 4pm-7pm  
February 6 - April 15  
Where: KCC Senior Room - No Appointment Necessary

## Southern Maine Agency on Aging Renee Longarini

Walk-In hours at Kittery Community Center Monday 9am-11am  
(207) 475-7399

Founded 40 years ago, SMAA is a non-profit that helps older adults and their families obtain information to make decisions and plan for the future. SMAA offers classes and support groups for family caregivers, seminars and one-on-one appointments to sort out Medicare and prescription drug plans and much more!

## **NEW!** Salem Mall Shopping & Tuscan Kitchen

Join us as we travel to tax free Salem, NH and shop at the Mall at Rockingham Park. New Hampshire's largest mall offers some great stores that you can't find in these parts! Plus, after shopping, we'll dine at the new Tuscan Kitchen for a wonderful lunch.

When: Wednesday, February 13 - Leave KCC at 9:45 am  
Cost: \$12 for transportation and lunch on your own

## **NEW!** Downeaster Train to Freeport for Shopping!

We'll take you to the Downeaster train station in Wells and hop aboard a train to Freeport, Maine. We'll spend the whole day shopping and walking around Freeport, checking out the shops and restaurants and, of course, the L.L. Bean Flagship Store!

**\*Must register by February 19th**

When: Wednesday, March 13 - Leave KCC at 9:45am-7:30pm  
Cost: \$25 for transportation and lunch on your own



## **NEW!** Love/Sick by John Carini at the Portland Stage

A series of funny and sad love stories-some gone wrong and others gone right-exploring the complications of romance in the suburban jungle. This world premier production is a romantic comedy for imperfect lovers and dreamers.

When: Thursday, April 18th  
10:30 leave, lunch at Cracker Barrel and show at 2pm  
Where: Portland Stage  
Cost: \$32 plus lunch on your own

## **NEW!** The Maine Wildlife Park & Cole Farm in Gray

Come see bear, deer, moose and mountain lions as we visit the wonderful Maine Wildlife Park. After touring the park, we head over to the famous Cole Farms Diner for a delicious lunch!

When: Wednesday, May 15  
Leave KCC 8:15am, return around 2:30pm  
Cost: \$15 for transportation & lunch on your own



## **Ogunquit Playhouse TBA**

Coming up! Trips to Ogunquit Playhouse! Trips will be announced as the Playhouse releases their Summer schedule.

# Trips

# 13

## **NEW!** Hammond

### Castle & Sugar Magnolias

Visit this medieval-style castle built in the 1920s by inventor John Hays Hammond. Check out the great hall, the indoor courtyard, the Renaissance room, library and more and take in the beautiful grounds of the castle and views of the ocean. After our tour, we will head to downtown Gloucester for lunch at Sugar Magnolias.

**\*\*The castle is not handicap accessible and has many stairs.\*\***

When: Wednesday, June 19 - Leave KCC at 9:00am  
Cost: \$18 plus lunch on your own



## **Hackmatack Playhouse- The Sound of Music**

When: Thursday, July 11th - 2pm Show  
Leave KCC at 12:45am  
Cost: \$30 includes transportation

## **Isles of Shoals Steamship & Star Island Luncheon**

Take the Isle of Shoals Steamship out to Star Island for a nice Summer luncheon.

When: Wednesday, July 31,  
Leave KCC at 8:30am, Ret. about 4:45pm  
Cost: \$60 per person, incl. transportation, boat ride & lunch



## **NEW!** Cabbage Island Clambakes

Cabbage Island in Booth Bay Harbor has been the home of traditional clambakes since 1956, and your hosts, the Moore family, cordially welcome you to experience this "Downeast" tradition!

When: Wednesday, August 7th  
Leave at 7:30 to meet boat at 12:30. Return around 6:30 pm.  
Cost: \$110 includes Coach Transportation, clambake and boat ride.

## **Hackmatack Playhouse- Driving Miss Daisy**

When: Thursday, August 22nd - 2pm Show  
Leave KCC at 12:45  
Cost: \$30 includes transportation



**Breakfast & Lunch Served 6:30 am to 2 pm**

**Take out Available, Open Daily**

**Rt 1, Kittery Traffic Circle • (207) 439-5748 • One minute south of the Kittery Malls**

# 14 Adult Classes

**CPR Class** This American Heart Association Adult, and Child CPR course is to give participants the knowledge and skills necessary to prevent, recognize and provide basic care for breathing and cardiac emergencies in adults, infants and children until advanced medical personnel arrive and take over.

Instructor: Todd Henley  
Who: Adults Ages 18 and over  
When: Wednesday, May 8, 5:00-7:00pm  
Where: KCC, Multipurpose Room Cost: \$40/person

**First Aid Class** This American Heart Association First Aid course will give participants skills necessary to recognize and provide basic first aid care for injuries and sudden illnesses until advanced medical personnel arrive.

Instructor: Todd Henley  
Who: Adults Ages 18 and over  
When: Wednesday, May 15, 5:00-7:00pm  
Where: KCC, Multipurpose Room Cost: \$40/person

**NEW! Sewing Class** Learn some sewing basics and learn to make PJ bottoms and a pillow! Supplies needed: Sewing machine, fabric scissors, new needles, extra bobbins, quilting pins.

Instructor: Bonnie Harrison  
Who: Adults 18 and over  
When: Fridays, 5:30-7:30pm - 6 week sessions  
Session 1: January 11 - February 15  
Session 2: March 8 - April 12  
Where: KCC, Art Room Cost: \$125 /person

**NEW! Unlocking the Secrets of Social Media** This class gives quick and easy social media tips on how to adjust settings; send updates, photos and Tweets. Bring your laptop, tablet or smart phone (iPad, Kindle, iPhone, etc) to class and you can participate online as we go or stay offline and just watch and learn.

Instructor: Molly McPherson  
Who: Adults age 55 and over  
When: Thursday, 6 - 8pm - February 7 or May 2  
Where: KCC, Multipurpose Room Cost: \$25/person

**NEW! A Focus on Craft** If you are a writer of creative nonfiction, including memoir and personal essay, this workshop offers you the opportunity to strengthen and refine your writing. Each session will focus on a different element of craft: methods to deliver information, language, description, sentences, punctuation, and openings. The time will be divided amongst discussion, going over supporting materials, trying out exercises, and doing experimental work with your own writing.

Instructor: Rebecca Dawson Webb  
Who: Adults Ages 18 and over  
When: Thursdays, 12-2pm - 6 week sessions  
Session 1: January 10 - February 14  
Session 2: February 28 - April 4  
Session 3: April 25 - May 30  
Where: KCC, Art Room Cost: \$45/person

**NEW! Life Mosaic: Writing Your Life in Bits & Pieces**

Are you interested in writing about your life in short, manageable segments? This group offers you the encouragement to write, the feedback and support to keep writing, and the experienced guidance to strengthen and refine your writing. Seasoned and infrequent writers are welcome. Limited to eight writers.

Instructor: Rebecca Dawson Webb  
Who: Adults Ages 18 and over  
When: Tuesday, 10am-12pm - 6 week sessions  
Session 1: January 8 - February 12  
Session 2: February 26 - April 2  
Session 3: April 23 - May 28  
Where: KCC, Multipurpose Room Cost: \$45/person

**NEW! Mixed Media** Work with a variety of mediums and techniques to create collages on mat board and canvas. Materials (besides canvases) will be provided with a \$5 per student materials fee. Participants can bring photos, papers, etc. of their own that they wish to incorporate in their collages.

Instructor: Betsy Wish  
Who: Adults Ages 18 and over  
When: Tuesdays, 9-11am - 6 week sessions  
Session 1: January 8 - February 12  
Session 2: February 26 - April 2  
Session 3: April 23 - May 28  
Where: KCC, Art Room Cost: \$45/person



83 MAIN ST./P.O. BOX 358  
KENNEBUNK, MAINE 04043  
(207) 985-3361  
1-800-287-3361  
FAX: 985-7977

27 WALKER STREET  
KITTERY, MAINE 03904  
(207) 439-5981  
FAX: 439-5234

**BILL CUTTS**



**Open 7 days:**  
Monday - Friday:  
7a-7p and  
Sat/Sun:  
8a-4p

## Walk-in Care the way you want it - quick, affordable and innovative - now in Kittery!

**York Hospital in Kittery** is home to a new walk-in care center open 7 days a week! **Myhealth@Kittery** offers quick, compassionate, convenient walk-in care in a relaxing, comfortable & quiet atmosphere. Our staff provide excellent care and exceptional customer service (including an innovative call-ahead care service to get you seen even quicker), along with all the follow-up information, support and assurance you need! **Myhealth@Kittery** works closely with the staff and providers at **Kittery Family Practice** - a trusted name in health care for the Kittery/Seacoast community - who are also located in the building and available for additional health care needs. **Lab & X-ray** services are also onsite!

### Myhealth@Kittery

WALK-IN CARE THE WAY I WANT IT.

Quick, Affordable, Innovative Care.

207-439-4430



**York Hospital**  
 **in Kittery**

35 Walker Street, Kittery, Maine 03904  
207-439-4430 | [yorkhospitalkittery.com](http://yorkhospitalkittery.com)

## Maryann Place - Town Clerk's Corner - Call 439-0452

### REMINDER, IT'S TIME TO RENEW YOUR DOG'S LICENSE!

The current license for your dog(s) will expire December 31<sup>st</sup>. Licenses for 2013 are now available; please bring your dog's current rabies certificate with you when you come in to register. If your name or address has changed please inform the clerk before the transaction is started, so we can update your information in the computer. All licenses renewed after January 31<sup>st</sup>, will be charged a late fee of \$25.00 per license, per State Law.

Licenses may also be purchased on-line at [www10.informe.org/dog\\_license](http://www10.informe.org/dog_license)

Please note below the 2013 dog license fees:

Male/Female	\$11.00	Replacement license	\$ 1.00
Neutered/Spayed	\$ 6.00	Transfer license	\$ 1.00
Kennel 1-10 dogs	\$42.00	Late fee after 1/31	\$25.00 per dog

### FORT FOSTER STICKERS

Fort Foster stickers are available for the 2013 season at the Municipal Office. You will need your current registration for the vehicle you would like the sticker for. Fees are as follows: Resident: \$20.00, Resident Senior Citizen: \$5.00, Resident or Resident Senior Citizen duplicate: \$5.00, Triplicate or more, each: \$5.00, Non-Resident: \$50.00. If you would like to purchase a duplicate sticker, you will need your yellow receipt for the first sticker you purchased and your vehicle registration. If you are purchasing a triplicate sticker or more, you will need each yellow receipt for the previous stickers you purchased and your vehicle registration.

### SOLID WASTE STICKERS

The 2012-13 solid waste stickers are still available. Please bring in your current registration for the vehicle you would like the sticker for. If you sell your vehicle, please scrape off the sticker and bring it in when you register your next vehicle and we will issue you a new sticker. If you have your windshield replaced, scrape off the sticker and bring it in with your current registration and we will issue a new sticker. If you didn't scrape your sticker off or you lost it, there will be a \$10 fee to replace it.

### VEHICLE REGISTRATIONS

When renewing your vehicle registration at the Municipal Office please have your current insurance card, mileage and previous registration with you. Residents may also renew vehicle registrations online through Rapid Renewal. The site can be accessed through Kittery's website at [www.kittery.org](http://www.kittery.org) by clicking on On-line Services on the home page or through [www.sosonline.org](http://www.sosonline.org) by selecting the Rapid Renewal link and selecting the Town of Kittery.

### HUNTING AND FISHING LICENSES

The 2013 hunting and fishing licenses are available. Please bring in your previous license for renewals. If you are purchasing a hunting license and did not purchase your previous license here, you will need to show proof of a hunter safety course or a previous license. Licenses may also be purchased on-line at [www.mefishwildlife.com](http://www.mefishwildlife.com)

### BOAT REGISTRATIONS

Boat registration can be done at the Town Office or on-line at [www5.informe.org/online/boat](http://www5.informe.org/online/boat)

### ATV AND SNOWMOBILE REGISTRATIONS

ATV and snowmobile registrations can be done at the Town office or on-line at [www10.informe.org/ifw/atv-snow](http://www10.informe.org/ifw/atv-snow)

### VOTER REGISTRATION

Have you moved within Kittery or no longer have your post office box? If so, please stop by the Municipal Office and fill out a voter registration change of address card so we have your current mailing and residence address on file. This will help keep our voter list up to date with your correct information for elections and mailing purposes.

**Kittery Community Center**  
**120 Rogers Road**  
**Kittery, ME 03904**  
**207-439-3800**

**U.S. Postage**  
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**Non-Profit Organiza-**  
**tion**

**KITTERY/KITTERY POINT RESIDENTS**  
**KITTERY, ME 03904**